It is never too late to feel good!

I am a federal contract employee, assigned to MDCH-OPHP and would like to share my story. As we all do, I had a New Year's resolution in 2007 (the same resolution every year) to lose weight and just get healthy. It took me until September of that year to really start on that resolution. In June of 2008, I had **lost 106 pounds by changing my lifestyle.** First, I entered a hospital supported program called HMR or Healthy Management Resources. It is a program based on calorie intake and exercise (lots of exercise). I never found the program difficult, even though I ate three protein shakes and two small microwaveable meals per day for nine months. *I was just determined to once and for all lose the weight.*

Before entering the program, I was not on any medications that were attributed to my weight, but I did see others in the program reduce their insulin intake and blood pressure/cholesterol medications every few weeks, until they didn't need them any more. It is surprising what extra weight will do to your body!

Since June of 2008, I have kept the 106 pounds off by continuing to work out at the gym, watching every bit of food that goes into my mouth (compensating with additional exercise when necessary), riding my bike (in good weather), and working with those new snow shoes that I got for Christmas. You ask what the pay off is? People will look me in the eye and say hi, and I am not judged in a negative manner anymore. Also, I get to buy and wear any type of clothing that I want (even those Levi's that I could never get to fit!). AND, my husband has also benefited, because we are both eating healthier and attending the gym together. **So, my advice, make the decision, get working and stick to it! It is never too late to feel good!**

Before   **After**

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